

RADIO SCRIPT - DIABETES

I'm Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment, and this is the Healthy Kansas Minute.

Diabetes is the sixth-leading cause of death in the United States. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and amputations.

There are two types of diabetes, type 1 and type 2. No one knows for certain what causes type 1 diabetes. Type 2 diabetes appears to be associated with obesity. Eating healthy and being physically active can reduce your risk of developing type 2 diabetes.

People who have diabetes might experience some symptoms, or none at all. Symptoms can include frequent urination, feeling hungry, thirsty or tired much of the time, unexplained weight loss, sudden vision changes, tingling or numbness in the hands or feet, very dry skin, sores that are slow to heal, or having more infections than usual.

If you think you might have diabetes, ask to be tested by your doctor.

To learn more about health in Kansas, please visit www.healthykansas.org. That's www.healthykansas.org. This has been the Healthy Kansas Minute!